

## A Different Kind of Victory

I spent the last month of my summer jogging, sprinting, juggling, and practicing soccer. Why? Because I wanted to make the Timberline Girls Varsity Soccer Team. By the time tryouts came around, I felt completely prepared. I was in shape and on top of my game. I had a great tryout. Everything was going my way. I knew there was no way I wouldn't make the team.

I didn't make the team. In fact, I didn't even make it into the pool of players that the coach invited to play in a final tryout game. I was devastated. It didn't even seem real. I couldn't have been cut, not after how hard I'd worked. I didn't know what to do.

I spent the next couple of days going from depressed, to furious, and back to depressed again. Finally, I realized I had two options. I could either be bitter and vengeful and skip this season of soccer, or I could hold my head up high and have a great year on the Junior Varsity team.

I chose the latter. I ended up as captain of our JV team, and we had a fabulous season of 15 wins, 1 tie and 1 loss. We ended up as the second place team in our District. Not to mention, we also all made some wonderful new friends.

It's a hard thing to realize that sometimes doing your best won't yield the results you want. However, don't give up. Hard work and dedication will pay off even if it's in different ways than expected.

By: Andrea Gains-Germain  
Timberline High School



## What's Your Goal?

I never have a Plan A. The thing is, I always have a Plan B. But what is a Plan B? The phrase runs as freely as water in war films:

"This isn't working Sarge, we're outnumbered fifteen to one! What do we do now?!"

"Well Johnson... there's only one thing left we can do... It's time for Plan B."

A Plan B means having a carefully planned route out of an adverse situation; moreover, it is an ethical, rational, and feasible route, that is at least satisfactory to the majority of the people involved.

As for Plan A... well I leave that to chance. Come to think of it, I leave a lot of things to chance. But it's not as if I'm simply throwing my life to the wind, bending in any which way the course of destiny seeks to move me. Certainly not. I have many *long-term* goals, on which I am highly focused. On a daily basis, I evaluate what is happening to me against these long-term life goals, and if things do not seem to be heading in the right direction, no sweat: whip out good old Plan B.

Why do I do it? Quite simply, it keeps life interesting. Everyday becomes an enjoyable new experience. The only catch is having that really good Plan B, and the wisdom of knowing just when to use it. That takes focus, self-confidence, and a high dedication to those long-term goals for which you are living. In return, you will *build* focus, self-confidence, and dedication. The more you apply it, the more you will learn from it, and the better you will be for it.

By: Nalin Ratnayake,  
Freshman, Arizona State University

# ABSTINENCE

Recently the nation has been abuzz with the concept of the “new virginity”, abstinence. President Bush has announced that he would like to give more money to abstinence programs rather than sex education programs. The new Miss America, Erika Harold, has announced that she will promote abstinence during her reign. And the talk shows and magazines are filled with stories of people who have decided to turn a new leaf and, though they might not have in past, use abstinence.

It is very nice to see that society has caught on to this seemingly “new idea”. I am glad programs similar to this one will possibly be getting more money to help them in promoting their message. And most of all, I am glad that the adult world is finally catching on to a positive idea. But as I looked through all of the material I noticed one small thing; that the voices of us, the youth of the nation, were missing. There were plenty of interviews of adults, and it goes without saying that George Bush and his decision-makers are quite older than most of us. Yet it seemed that we were forgotten, whether it was intentional or not.

I guess what I am trying to say is, don't be discouraged, for that is the way I felt. I know it is easy to feel this way, to feel overlooked, like no one notices your efforts. But trust me, someone does. Just keep in mind that you do make a difference, even when it feels like no one in the world feels the same way as you do. Take virginity for instance. Studies and surveys are showing an increase in the number of people, especially young people, are choosing to wait until marriage. It is because of this that media is now beginning to pay more attention to this “new concept” of virginity.

So next time you begin to doubt the path you have chosen, whether it be to stay drug free, remain a virgin or both, remember that you are not alone. There are more people than you probably think who are choosing the exact same things as you are. You're listening to one of them now.

Olivia Fink - Freshman, Boise State University

## Way Too Many!

In 2001, there were 29 pregnancies reported to Idaho teens ages 10-14 yrs.  
2,580 pregnancies for ages 15-19 yrs.

*Bureau of Health Policy & Vital Statistics*

## Being a Mentor - Project Venture

We continue to have fun with the 5<sup>th</sup> & 6<sup>th</sup> grade students in Project Venture. “We are all pieces of World Peace Puzzle” was a great activity that Marisa Lois conducted. We would like to share what these young people envisioned our world to be.

Sun shining  
People holding hands  
Singing songs  
Helping each other  
No violence  
Sharing  
Wondering why there's fighting  
Respect

Treat people how we want to be treated  
Sharing food  
Feeding the hungry  
Don't hurt feelings  
Giving something up  
Donating  
Minding our manners

***It is up to each of us to make it happen!***

## Strength In Diversity

Recently EYE reached out to promote our mission to Hispanic youth in our area. 9 students representing South Jr. High, Lewis and Clark, Lowell Scott and Eagle Middle school and Capital High school joined the EYE to form a subcommittee Latino EYE. This group lead by Jon Moreno will focus on Mentoring and community service projects. The group made Christmas ornaments that they donated to the residents of SunBridge Nursing home.



## Community Values Youth!

Community Action Coalition of Elmore County, Counseling Services of Mt. Home, Drug Demand Reduction Program of the Air Force Base and The Nazarene Church made it possible for eight teens from the community, to attend a National Conference in November, 2002.

Two E.Y.E. members, Stephanie Bollman and Stephanie Sobtzak, from the Mountain Home Chapter attended the National Healthy Communities / Healthy Youth Conference in Minneapolis, Minnesota. There were 1880 people in attendance representing almost every state in the U. S., Australia, Cambodia, Brazil, Canada, Korea, New Guinea, and New Marion Island. Of the 1880 who attended 561 were youth.

The two girls heard many wonderful speakers; the highlight of that was probably a 19-year-old Canadian named Craig Kielburger who became involved in human rights at the age of 11. The organization he founded **Kids Can Free the Children**, is an international network of children helping children in more than 35 countries. The girls also attended numerous informative learning sessions at the conference and networked with many other youth from across the United States, bringing back a multitude of ideas to share with the EYE group and their community.



### EYES On Kim

*Kim Berdequez is a member of the Mountain Home E.Y.E. Panel. Kim is a junior at Mountain Home High School.*

I joined EYE almost a year ago and have enjoyed it ever since. I think it is a great organization and I love everything we do. It is awesome to be able to be with such a wonderful group of people who share the same feelings about abstinence and the importance of it as I do. To be able to share that with others and maybe somehow make the smallest change or impression on their lives is what makes it worthwhile.

## REALITY BITES

In October the Mountain Home E.Y.E. Panel brought the New Heritage Theatre Company to Mountain Home High School. The Theatre Company put a performance called *Reality Bites*. The show combined scripted performance, improvisation and audience participation. It brought out issues such as violence, suicide, and eating disorders in a unique interactive format. The performance sparked a lot of discussion from the audience. The following were some of the comments made by members of the audience:

"It was a fun way to be entertained and learn at the same time."

"I thought the actors really were the people they played, They were so believable."

"They really got me going. It really made me think about the issues they were portraying."

"It was great!"

## EYE helps in Teen Pregnancy Education

The Mountain Home E.Y.E Panel has given two Baby Think It Over dolls to Mountain Home Junior High to be used in Health classes with 8<sup>th</sup> and 9<sup>th</sup> Grade students. These computerized dolls offer parenting simulation by letting youth experience some of the demands of parenting. Computerized monitoring reports how well the student cared for the Baby, including how many times Baby was neglected, handled roughly, and shaken, as well as how many times baby wanted to be fed, burped, rocked or changed. The students are required to write a report on their experience. The program goal is to promote delaying sexual activity of teenagers.





# TEEN HUB



## EYE Members

Ellen McIlvaine  
Olivia Fink  
Ursula Radke  
Ryan Johnson  
Koryn McIntyre  
Whitney Miller  
Ruwan Ratnayake  
Nikki Bass  
Tamara Radke  
Stephanie Johnson  
Rebecca Crumly  
Matt Lonsdale  
Julie Wade  
Simone Strassner  
Hayley Baher  
Emily Coonse  
Jon Moreno  
Maria Santana  
Catalina Jaaaclemente  
Andrea Espinosa  
Zach Lorenzana  
Estefany Moreno  
Luis Espinos  
Laura Villareal

## Mountain Home EYE

Stephanie Bollman  
Kandis Lutz  
Kim Berdequez  
Jessi Smith  
Stephanie Sobotzak  
Katie Edeker  
Vickie Weathers  
Jennie Shrum

## What are VALUES? Do they really matter?

Recently EYE members shared their thoughts on what it means to them. Read on....

**Values are the things you hold true to, the things that matter so much, you will never compromise them.**

Values are the choices that a person has made about how they wish to live their life that influences their day to day decisions.

Something you learn from your parents and work towards your whole life to help a person feel good about themselves.

**Values are just the way you see yourself living your life in the ideal way - different for everyone, and not by any means flawless.**

**Keeps you on track.**

I value my friendships, which are based on truthfulness and trustworthiness and I choose not to associate with friends who do not possess these qualities.

Values are what you take throughout your life and aid you in making decisions.

They are what you believe in, through your parents, religion and friends.

Honesty, Integrity, Respect

I think values are something you hold near and dear to you. So I would have to say my family. My family helps me with everyday problems and decisions in life. Family means a lot to me because I care for them and they care for me. I watch their back and they watch mine. Your parents help form your values, as you get older and older.

You are always learning values and changing, to become stronger.

**It's clear that values make the individual. It's the foundation for each one's personality. What are your values? What do you stand for?**

If you like what we do, and would like to support our programs....we would gladly accept your donations. Please make checks payable to CDHD APP Program.

Mail it to: *Adolescent Pregnancy Prevention Program  
Central District Health Department  
707 N. Armstrong Pl.  
Boise ID 83704.*

**Thank You**

"Teen Attitudes"

- A video produced by EYE is available as a resource. For information call CDHD at 208-327-8591

